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PelhamNEWS

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■ FENWICK

Renovation still moving forward

SARAH FERGUSON
PelhamNews Staff

Gary Accursi hopes to see shovels dig into ground in downtown Fenwick by the end of August or early September.

But plans for moving forward with the downtown core's \$2.1 million makeover, which was set to begin this summer, are contingent upon Ontario Hydro, the ward two councillor said.

Part of the renovations include removing unsightly hydro lines and installing them underground as well as repairing sewer systems and other pipework.

see FENWICK | page 2

What happens if ...?



SARAH FERGUSON
Staff Photo

Elizabeth Kim and her sister Christine Kim have fun learning about their senses of taste and smell at Pelham Public Library recently during a Mad Scientist program held in the afternoon.



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■ **CRIME:** Convicted killer reportedly asking for move to medium-security prison

Feds say Bernardo will remain in maximum security

DAN DAKIN
QMI Agency Niagara

ST. CATHARINES — Paul Bernardo might want to go to a medium-security prison, but the federal government says it's not going to happen.

St. Catharines MP Rick Dykstra delivered that message to the mother of one of Bernardo's victims last Thursday morning after reports surfaced the convicted serial killer and rapist wants to be transferred to a medium-security facility after Kingston Penitentiary closes later this year.

"Douna French called my office this morning and we made it very clear ... unequivocally, he's not going to be moved," Dykstra said of his conversation with the mother of Kristen French, who was killed by Bernardo in 1992.

Dykstra said he's not surprised by the reaction to the news Bernardo wanted to be in a more relaxed environment.

"Whenever he opens his big mouth, there's a reaction. It's unfortunate the families have to be put through this whenever something like this

occurs," he said.

Federal Public Safety Minister Steven Blaney shot down the idea as well.

"Paul Bernardo was convicted of heinous and despicable crimes. While I do not control the security classification of individual prisoners, I have received assurances that there are no plans to move this inmate to a medium-security institution," he said in a statement.

It's expected the 46-year-old Bernardo — sentenced to life in prison in 1995 for the killings of teenagers French and Leslie Mahaffy and isn't eligible to apply for parole until 2020 — will be moved to a super maximum-security prison like the one in Sainte-Anne-des-Plaines, near Montreal, where Kingston Penitentiary closes.

"Just because he makes a request, it doesn't mean it's going to go anywhere," Dykstra said. "He's a dangerous offender, so the burden of proof is on him. And it's impossible for him to prove he's not a dangerous offender."

Like Dykstra, Niagara Regional Police Det. Sgt.



Paul Bernardo

QMI Agency file photo

Richard Ciszek doesn't think Bernardo should be allowed to go to a less-secure facility. "In my opinion, he should be kept in maximum-security prison for the rest of his life,"

he said.

Ciszek is the only member of the NRP's investigative team who was on the Bernardo case and is still with the service.

■ **FENWICK**

Engineering plans are almost complete

FROM PAGE A1

Plans are on hold because Ontario Hydro said "they may not be able to accommodate us (the town) until the spring," Accursi said.

Plans for the revitalization of downtown Fenwick include installing a new type of sidewalk, new street furniture, new curbing, a raised garden area to highlight Fenwick's flagpole and narrowing the roadway to slow traffic down.

Accursi said this work cannot be completed until all of the hydro wires are installed underground and any pipe work in need of repair is fixed.

"It doesn't make much sense to dig up the road and replace it more than once," Accursi said.

Accursi said engineering plans are about 85% complete and the town has worked with the Ministry of Natural Resources and the Ministry of the Environment to ensure there are no contaminants involved with the renovation.

"The original plan was to get it all done this



The money has been budgeted, money has been set aside and we fully intend to do it."

Gary Accursi, councillor

year but when we started looking at engineering and preliminary work and timelines, it became apparent we wouldn't get new sidewalks prior to the bad weather."

The councillor said the town is working to connect with senior staff at Ontario Hydro to speed the process.

Accursi wanted residents to know the revitalization will be completed.

"It's definitely going to happen. The money has been budgeted, money has been set aside and we fully intend to do it. Right now, we are just waiting for Ontario Hydro to give us a timeline."

sarah.jergusson@sunmedia.ca
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Summer fun not over yet

FRAN GILES

By the time you read this column, school holidays will be half over but back-to-school sales won't yet have begun.

It is the time for that familiar complaint—"I'm bored!"—and increased bickering between siblings. However, help is at hand. There are still some programs at the library for six to 12 year olds: a Mad Science session on Aug. 21 plus Pool Noodles, Quilling, Crime Scene Science and Flying Contraptions on Aug. 8 and 13.

Pre-schoolers can fly a kite at Fonthill branch on Aug. 8. Drumming at the Bandshell in Peace Park in Fonthill sounds like fun for all ages. (Registration &/or tickets for programs that are not yet full are available at the library for a nominal sum.)

It's nearly the end of the Summer Reading Club—the last reporting day is Aug. 12—but draw prizes can be picked up after that and the wind-up BBQ Day is on Friday Aug. 16. Club members are given a free hotdog, hamburger and drink.

The end of the reading club doesn't signal the end of reading, of course. If you need some new authors or titles, I can recommend the NovelList K-8 Plus website which is under the EBSCO database umbrella. You can find it by:

1) going to our website www.pelhamlibrary.on.ca

2) clicking on database options
3) inputting your library card number (note instruction—if your number begins with a "2" start partway through at "00" and leave off the last digit.)

4) finding NovelList K-8 Plus in the alphabetical list that appears. (If you didn't know so many databases were available, you're not alone. They have to have added another one every time I look at it. What riches!)

To test NovelList, choose a specific author or title or series—those are the categories at the top of the page—or look down the left side to choose a topic. If you go for the topic option, let's suppose you pick animal stories and then the kind of animal—horses, for instance—or stories told by animals. You'll be astonished by the number and variety of books that are suggested. Not all of the titles are in our library, of course, but it's a place to start. You may meet your new favourite author there.

see LIBRARY | page 6

comment

Remember when?



Supplied photo

Do you remember the Ridgeville Band? Pictured from left are (on the stands) William Hicks and Walter Crowe (back row) Stephen Beckett, Clyde Pollard, Jack Amery, Aldon Sauer, Oscar Secord, Wray Page, (middle row) Stan Haist, an unidentified member, William Haist, Edson Crowe, Marshall Jacobs, Harry Moore, Jack Green, Alfred Pettifer, Claude Farr, (front row) Court Haist, Bert Farr, Gordon Pettifer, Percy Beckett, George Amery and William Smith. If you remember the Ridgeville band or can name the unidentified person in the photograph e-mail the Pelham Historical Society at pelhamhistoricalimages@yahoo.ca. PELH

■ LETTERS TO THE EDITOR

Thank you from the Canada Day committee

Congratulations to all who made the 2013 Pelham Canada Day Celebration such a success. As always we had an overwhelming response to Canada Day Celebrations with more than 10,000 in attendance.

The Canada Day event is annually our opportunity to show our pride and appreciation for the amazing country that we live in on its birthday. We need to applaud and congratulate our sponsors for making this event the success it is: Town of Pelham, Canadian

Heritage Committee, Fonthill Volunteer Firefighters Assoc., 613 Lincoln and Welland Regiment Army Cadet Corps, The Voice of Pelham, Pelham News, The Tribune, Fonthill Rotary Club, Riochill Subs, Mossini's Pizza and Subs, Kids on the Hill, Pelham Evangelical Friends Church, Welland & District Humane Society, Sobey's Fonthill, Sandinista, St. John's Ambulance, Holy Trinity Anglican Church, Zehrs - Welland, Fonthill Lions Club, Fonthill Lionsess Club, DJ

Weight Management, the Farm on Pancake Lane, the Mayor's Youth Advisory Council, the YMCA of Niagara, Dance Place, Presstime Design, Ton Van Bone Designs and Woodnote Productions.

This Celebration is truly a show of Community Spirit and dedication of Community Volunteers. A huge thank you to our devoted members of the Canada Day Committee for planning this event. Fred Diasher-Parade, Fred Arbour (Fonthill Lions Club), Lance

Wiebe-Children's Activities (Rotary Club of Fonthill), Leo Giovenazzo-Security (613 Lincoln & Welland Regiment Army Cadet Corps), Bill King, as well as Tim Lalonde from Riochill Subs, Todd Looby - fireworks, and the Heritage Tea Committee.

We invite you to provide feedback on the event or volunteer for the Canada Day Committee in 2014. Please call 905-892-2607, ext. 341.

Jessica Ruddell
The 2013 Canada Day Committee



SARAH FERGUSON Staff Photo
Hilda (Molly) Rogers, centre, celebrated her 100th birthday Saturday at Shorthills Villa in Pelham with her daughters Shirley Lazareth, left, and Margaret Reed.

■ BIRTHDAY

'Nana' celebrates a century of life

SARAH FERGUSON
PelhamNews Staff

Hilda Rogers, or Molly as she is known by close friends and family, could be seen tapping her toes and enjoying her great-great children singing on her birthday.

The Shorthills Villa resident didn't just celebrate her birthday recently on a Saturday afternoon, she celebrated a century of life with family and friends.

"I'll always remember as child, Nana coming to our house in St. Catharines... She'd bring her pressure cooker to make my dad his favourite meal and she'd bring our Carolina cookies," said Roger's granddaughter, Jayne Hehr.

Hehr, who travelled from British Columbia for the celebration, describes her grandmother as "a sweet woman" who has a passion for cooking, gardening and knitting.

"It means everything to me (to be here today). I only get to see her once a year."

Granddaughter Tracey Lazareth said family came from many miles to help celebrate her major milestone.

The celebrations included memorabilia such as hand-knitted socks, shirts and dolls made by Rogers and news clippings and old photographs, songs and story-telling. Lazareth said her grandmother is still the same fun-loving and happy-go-lucky person she remembers as a child.

"My grandmother likes

to play bingo, cards and she loves to sing," Lazareth said.

Until recently Rogers attended church up the road from Shorthills Villa.

"She's very social, she has a good sense of humour and she has a positive attitude about life."

Rogers, who was born on July 27, 1913 in London, England, immigrated to Canada in 1919 with her family just after the First World War. She met her husband John when she was 16 and married him two years later and raised their family in Port Colborne.

Sixty-six years of marriage brought Rogers two daughters, Shirley Lazareth and Margaret Reed, six grandchildren and seven great grandchildren.

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4x4 - 12 PT	\$4.99	6x6 - 12 PT	\$11.50
4x4 - 14 PT	\$5.99	2x2 - 4 PT	\$1.50
4x4 - 16 PT	\$6.99	2x6 - 8 PT	\$3.00
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1x6 - 6 CEDAR T&G	\$2.00	\$6.79	4x4 - 10 CEDAR T&G	\$12.00	\$26.69
1x6 - 4 CEDAR	\$1.00	\$3.11	6x6 - 8 CEDAR	\$21.00	\$46.80
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■ HOME INVASION

Police seek public's help

VICTORIA GRAY
 PelhamNews Staff

PELHAM — Niagara Regional Police are requesting the public's help to identify a youth who may have been involved in a violent home invasion in Pelham two weeks ago.

On July 4 at 4:30 p.m. a group of disguised males showed up at a Canboro Rd. home. The group surrounded the residence and one male forced his way inside and attacked a 16-year-old in the home with a knife.

The victim was able to unarm his assailant, but the struggle continued and

the victim sustained minor wounds to his face unrelated to the weapon.

The group fled the scene on ATV's. Police determined the attack was not random and the victim knew his attackers.

A 15-year-old male and 17-year-old male have been charged with break, enter and commit assault, weapons dangerous, disguised with intent and possession of a prohibited weapon.

Police are still looking for a third male involved in the attack. They don't have a description, but are asking anyone who has any information to contact Det. Wayne Brown at 905-688-4111 ext. 3311.

■ LIBRARY

Novelist a handy tool to search for books

FROM PAGE 4

It's also a resource for adults wanting to buy books for presents.

Another way to use NovelList is in with our library catalogue. Go to the basic search screen and input a text title. Click on search, then on the entry for that book. (Below the description of the book—number of pages—is a list of related items by subject to bring

up titles. You can also click on "reviews, reviews and suggested reads" in the blue stripes below the description of the book to get other titles.)

Finally, if books have begun to pile off or if you just want something more active, you can return to our website and click on "P" for Pinterest and go down the list to "books and kids' activities." Click on that and see lots of simple crafts for kids. It just takes a little searching.

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🏃 RECREATION PROGRAMS & CLASSES

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Tuesday Aug. 13th 9:30am - 10:30am

Thursday Aug 15th 9:30am - 10:30am

Drop in and try any session for \$6 or purchase your 10 + 2 bonus passes for \$60. For more info, contact (905) 892-2607, ext. 329.

Walking Club - Everyone is welcome! Aug. 13th and Aug. 15th

Interested in walking in Pelham? Interested in joining a Walking Club? Then join us! Tuesdays at Pelham Arena from 9-10am and Thursdays at Fonthill Bandshell from 9-10:30am. For more information, please contact (905) 892-2607 ext. 329. Summer Program Registration Registration for the Aquatics programs and Summer Camps continues. Details and application forms are available at www.pelham.ca.

🏡 COMMUNITY EVENTS & NEWS

CALL FOR PHOTOS - Town of Pelham Community Guide

The Town of Pelham is gearing up for the inaugural issue of our new Pelham Community Guide for Fall/Winter. The redesigned publication will feature our new brand in a modern magazine format with key interest stories and community editorials. Also included will be a complete listing of recreation and leisure opportunities, contact information, and associated programs.

In order to produce an impressive guide, we need your help to develop an image library. If you have great images of yourself, your kids, family, friends, pets, neighbours or co-workers, enjoying fall/winter activities, events, and programs in our fantastic town, kindly submit them to amcknight@pelham.ca by Friday, August 9, 2013.

Have fun shots of apple picking, pumpkin carving, hockey games, indoor/outdoor skating, snowman building, Thanksgiving, Halloween and Christmas? Submit those for consideration too!

PLAYGROUND PROGRAM - PELHAM CARES DAY - Wednesday, August 14

Come out to a fun, FREE day at the Pelham Arena playground located at 1120 Halst Street. Enjoy a magician's show, snacks, and games. Open to 3-12 year olds. For more information, please contact (905) 892-2607 ext. 329.

MYAC OUTDOOR MOVIE NIGHT - Wednesday, August 28

Gather your friends and come join us in Peace Park, 20 Pelham Town Square, to watch "The Croods". Movie starts at 8:30 p.m.

THE PELHAM POOL IS OPEN!!! - *Season memberships can be purchased at Pelham Town Hall**

Public Swim Hours

Weekends: 1-5pm & 6-8pm

Weekdays: 1-4pm (Beginning July 2nd) & 6-8pm

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Admission Prices

Adult:\$3.50 (\$50 Season Membership)

Youth/Senior: \$3.00 (\$50 Season Membership)

Family: \$10.00 (\$92 Season Membership)

***Reminder: the FINAL day of the 2013 Pool Season is Friday, August 30, 2013.**

If interested in renting the Marlene Stewart Street Park Pool for a private function, please contact 905 892-2607, ext. 347 for more information.

((Wi-Fi)) Now Available @ Peace Park in Fonthill

Just in time for summer festivals and events, free Wi-Fi access is now available to Peace Park visitors 24/7. Be sure to check it out when attending Bandshell or taking a stroll through the park!

Pelham Farmers' Market - May 2 until October 24 at Pelham Town Square

July 25th Market Bucks Winner: Gloria Mosley

2013 marks the 10th year of our vibrant Farmers' Market! Come out and meet your local market vendors and purchase food that is fresh, high in quality and the next best thing to harvesting it yourself. Every Thursday from May 2 to October 24, 4:30pm till dusk.

Thursday Night Concerts - June 20 until September 5 - Fonthill Bandshell, Peace Park

Check out the fantastic lineup at www.fonthillbandshell.com.

📢 NOTICES & REMINDERS

Join the Communities in Bloom and Canada Day Committees!

Both Town committees are looking for interested members! To join or for more information, contact (905) 892-2607 ext. 341.

Book the Arena Hall or Old Pelham Town Hall for your next function or event!

For more information, contact (905) 892-2607, ext. 347.

List Your Business in the Town of Pelham Recreation, Culture & Wellness Guide

Fill out a business directory information card with the Town of Pelham by visiting Town Hall or contact 905-892-2607, ext. 315.

Keep Pelham Streets "Lit"

Report any problems you notice with Town streetlights to Public Works at (905) 892-2607, ext. 332. Please remember to provide the pole number for the hydro utility to investigate.

Reminder for Dog Owners

Please note that in accordance with By-Law 97-2010, dog owners and walkers are required to remove all feces left behind on private or public property. Please remember to be responsible and stoop and scoop!

Open Air Burning Permit

Please note open air burning requires a permit at a cost of \$20 annually. Pick up permits at Pelham Fire Station #1, 117 Highway #20 West, Fonthill. For more information, contact (905) 892-3943.

BBQ Safety Tips

When lighting your propane barbecue, open the lid and strike your match or lighter before turning on the gas. Check cylinder connections and hoses for leaks. Never use or store a propane barbecue indoors or in any enclosed space, including a garage. Keep propane cylinders at least 1.5 meters from any building opening.

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■ INTO THE WILD: Adam Shoalts is returning to the Canadian wilderness



JULIE JOCSAK QMI Agency Niagara

Adam Shoalts left last week to undertake an expedition into the Canadian wilderness, mapping uncharted rivers and waterfalls.

Braving bugs and bogs for adventure

MARLENE BERGSMAN
QMI Agency Niagara

Adam Shoalts takes vacations like many of us: he packs his tent and canoe and enjoys the beauty of the Canadian north.

It's when he's working that he travels like no one else — going where there's no record of humans having gone before, in territory so remote and in regions so rugged there's no contact with the outside world.

Shoalts, who grew up in Fenwick, left for another one of his exploration expeditions last Thursday. He went back to a northern Ontario river he first mapped last summer, but this time to photograph and precisely document the seven waterfalls and hundreds of rapids he discovered last year.

"There is no record of anyone traveling it before," Shoalts said.

And therein lies its appeal. With only a few small settlements far away on the shores of James Bay and "only one person per 30 square kilometres, it's one of the least densely populated places on the planet," he said.

"It's the largest wetland in the world," Shoalts said, and more remote than Siberia.

His reason for going? Because it's there.

"I fall into the category of the adventurer who needs to know what is around the next corner, what is on the other side of that hill," Shoalts said, as he put the finishing touches on the extra flotation he is adding to his canoe.

Sponsored by Outdoors Oriented, a St. Catharines equipment store, and by the Royal Canadian Geographic Society and *Canadian Geographic Magazine*, Shoalts' progress through the boggy, buggy wilds of the Agairi River, near the border with Quebec, will be documented on the organization's Facebook and Twitter accounts.

Shoalts is also blogging his adventure, although he won't be able to provide updates while he's gone.

He has use of a satellite phone from another sponsor, Globalstar, but past experience has shown him phone service is spotty.

see ADVENTURE | page 9

■ ADVENTURE

Expedition to last three weeks

FROM PAGE 8

For the most part, the solo expedition, expected to last three weeks, will consist of gruelling logging through forest, muskeg and rushing stream. He spends most of the day sopping wet, either from rain, splashing or from dragging his canoe through muskeg or shallows.

The area has "the highest concentration of bug-sucking insects in the world," but after a few days of not showering he's either immune to them or they are no longer attracted to him.

"Overland travel is almost impossible in the summer months," Shoalts said, but he's done it there before and will do it again.

He'll start by driving 860 kilometres to Cochrane. A local guy will drop him and his canoe off in the Kattawagami River, and from there he'll paddle and portage his way northeast until he reaches the headwaters of the Aguin River.

The river flows 100 kilometres almost due north into the Haricana River before emptying into James Bay. Once he reaches the bay, it's another 55 kilometres along the coast until he reaches the mouth of the Moose River and paddles a short distance upstream to Moosonee.

From there, he will catch the Polar Bear Express train back to Cochrane, for a total wilderness journey of about 400 kilometres.



Adam Shoalts left last week to undertake an expedition into the Canadian wilderness, mapping uncharted rivers and waterfalls.

In addition to blogging his adventure and writing about it for *Canadian Geographic Magazine*, Shoalts is working on a book about exploring the Hudson's Bay lowlands.

He's getting major media attention from around the world: *The Guardian*, *The Daily Telegraph*, the BBC, CNN and more. He has even seen his name in Spanish-language newspapers.

Shoalts said there is something magical and alluring about the Canadian wilderness. "To the rest of the world, the Canadian wilderness is as vast and mysterious as the Amazon or the desert or Everest," he said. "People get it that topographical discoveries are really rare."

Shoalts is aware most

people wouldn't dream of doing what he's doing, but he loves the challenge.

"It's not fun at all while you are actually doing it," he agrees, but the sense of adventure and accomplishment makes it worthwhile.

"It's not everyone's cup of tea, but I like it," he said. "It comes down to the thrill of discovery."

He trains year-round to hone his strength and survival skills, and he's proud of the fact he has

never encountered a bear, a storm or a waterfall that he couldn't match.

"I've done a lot of expeditions and I've never needed to be rescued yet," he laughs. "It's a badge of honour."

Visit www.adamshoalts.com for links to the Royal Canadian Geographic Society and Canadian Geographic Magazine.

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■ PROJECT ZERO: Pelham Cares, Meals on Wheels clients benefit



Pelham Fire Department received 250 combination smoke alarms and carbon monoxide detectors to be given to families in need. Pictured from left are fire protection adviser Rick Finnmore, Pelham fire prevention officer Saskia Holditch, Mayor Dave Augustyn, Enbridge Gas operations manager Dave Baxter and volunteer firefighter Henry Timmers.

240 smoke/CO detectors being given away in Pelham

SARAH FERGUSON
PelhamNews Staff

Working smoke detectors and carbon monoxide alarms save lives.

It's a fact that Pelham Fire Department wants to drive home to residents, by distributing 240 combination carbon monoxide and smoke alarms to individuals in need, including families registered with Pelham Cares and people who use Meals on Wheels.

The detectors were dropped off at the Fonthill fire hall last Tuesday and were donated through Project Zero, a provincewide education program aimed at reducing the number of residential fires and carbon monoxide deaths to zero. Project Zero works in partnership with the Ontario Fire Marshal's Public Fire Safety Council and Enbridge Gas

Distribution.

About 5% to 10% of homes do not have a smoke alarm, or the battery inside the alarm is dead, Pelham fire prevention officer Saskia Holditch said.

Under the fire code, new homes are required to have smoke detectors installed, however, Holditch said some older homes do not have smoke alarms. Smoke alarms are required on every storey of a home and outside all sleeping areas. Although carbon monoxide detectors are not required by law, they are highly recommended by the Ontario Fire Marshal.

Carbon monoxide is dangerous and is difficult for a person to detect as it's a toxic, odourless, colourless gas that can cause illness and death. It's produced whenever a fuel, such as propane, gasoline or natural gas, is burned.

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At the bandshell



Crush, a tribute to Bon Jovi, presented by the Meridian Credit Union, will hit the bandshell stage tonight in Peace Park at 7 p.m.

Supplied photo

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NOW ABLE TO EFFECTIVELY IMPROVE YOUR HEALTH THROUGH EXPANDED SCOPE OF PRACTICE

As a result of new regulations governing the practice of pharmacy in Ontario, pharmacists are now able to be more deeply involved in your medications and management of your medical conditions. The new regulations came into effect last October allowing pharmacists to make use of their unique knowledge. This is great news for both pharmacists and you, their patients. It will allow pharmacists to be an even more integral part of your medication management and it will provide you with greater convenience as pharmacists are easily accessible in the community.

There are five main areas that these changes will affect:

1. Pharmacists can prescribe several effective medications to help you quit smoking. Patients who may wish to try this method of quitting can now be assessed by their pharmacist — who will use their professional judgement to decide if it is right for you. This means that you will not have to wait to see your doctor in order to get on the path to becoming smoke-free and the pharmacist can be involved throughout this sometimes difficult process.
2. Pharmacists may be able to renew your prescriptions without you having to see your doctor first. Your condition and your medications must be stable. For example, this may apply to patients who have well-managed chronic conditions like diabetes or high blood pressure. (This new regulation does not apply to narcotics and similar substances and does not eliminate the need to see your doctor for proper followup and monitoring).
3. Pharmacists may also make certain changes/adaptations to your doctor's prescription if necessary based on professional judgement. For example, they may change the dosage form (tablet/capsule/liquid) or they could alter the dosing regimen and possibly even the dose to suit you better. As always, any changes would be done with your consent and the pharmacist would share them with your doctor.
4. Pharmacists can now be of even greater assistance in helping to demonstrate how to use your devices. If you are a patient who uses an inhaler or has self-administered injections, your pharmacist can now use the real device to show you how to use it, rather than using a model one. Pharmacists who are able to administer injections in order to teach you how to use them have completed a training program.
5. Specially trained pharmacists can administer the flu vaccine to patients five years and older. This will provide patients with more locations and greater ease of access to the vaccine.

As usual, your pharmacist will make these decisions based on your specific situation, so it is very important to give them as much information about yourself as you can. They need to know about all of the medications you are taking, including anything over-the-counter or any vitamins/minerals that you use. Also it is important to talk to your pharmacist about your lifestyle (eg. the foods you eat and the exercise you do) so they can get the full picture in order to make the best decisions for you.

Pharmacists have always been a wonderful source of information and support for patients regarding how to best manage their medicines and their medical conditions. Now that the role of pharmacists has expanded to allow them to have more involvement with their patients, it will be easier than ever for patients to maintain good control of their conditions and medications.

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■ UP CLOSE



Submitted Photo

Port Colborne resident Larry Boggio has been appointed to Niagara Health System's board of directors.

Joining NHS board a way for pharmacist to give back

SARAH FERGUSON
PelhamNews Staff

PORT COLBORNE — Larry Boggio has spent more than 30 years practising as a community pharmacist.

He is a graduate of the University of Toronto's Pharmacy program and has expanded his business, Boggio's Pharmacy Ltd., from one to four stores in Port Colborne, Fonthill, Niagara Falls and Ridgeway.

The Port Colborne resident was recently appointed to the Niagara Health System (NHS) board of trustees.

His volunteer governance experience

includes being a past president of the Ontario College of Pharmacists, he is an elected district member of the College of Pharmacists' Council, a board Member of Bridges Community Health Centre and a board member and past chairman of Port Colborne Community Living.

The Tribune asked Boggio a few questions about his new volunteer position and what he hopes to achieve for the Niagara region's future of health care.

Q: Why did you want to become a pharmacist?

see PHARMACIST | page 15

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■ PHARMACIST

Questions and answers with Larry Boggio

FROM PAGE 14

A: When I was young and in high school, I worked as a stock boy. I washed windows, ripped up garbage and put it away, I swept sidewalks, and I did that all the way through high school and thought it was something I wanted to do. I worked my way up and opened my own business.

Q: You have lived your whole life in Port Colborne, what makes the Niagara region so special?

A: I've been all over the world and different places, and there's no place like home. I feel it's safe, people-friendly. You grow up here, you feel very comfortable.

The Niagara region has a lot to offer like its beaches. You can walk down the street and say 'Hi' to everyone. It has a small hometown atmosphere."

Q: How did you become involved with the NHS board of trustees?

A: There was an opportunity, somebody asked me if I would be interested. I just can't say no.

Q: What do you think you bring to the board?

A: Obviously, I have a medical background and a business background. My skills, common sense, logic, a business point of view, are all important. Hospitals are a business right now, I think I've done OK with the businesses I have, and I think I can contribute to what's going on now.

Q: How do you find the time to run your own business and be part of a variety of committees?

A: That's the question. I ask myself that all the time. A little bit of juggling.

Q: Why did you want to be part of the board? What motivates you?

A: I wanted to give back to the community. I kind of look at it, we've been rather fortunate. Being involved is a way to give back.

Q: Do you support the recommendation to build the new South Niagara hospital in Niagara Falls?

A: I've just been put on to the board. A lot of things need to be looked at, including the cost of renovating a hospital or building a new one. Those are

all things that have not been shown to me. I don't know. I have to see what comes out of it. We have to see what falls out. Is there money to even do any of it? Health-care dollars have become very tight.

Q: Considering the geography of the region, is one south Niagara hospital sufficient?

A: Who knows? That's another thing I am going to have to figure out. We as a board need to look

at usage (of the hospitals in Niagara), of which I haven't a clue yet. I don't know what

the statistics or what the numbers show. Hopefully, my business sense will help me be able to answer those questions.

Q: Do you think it would make more sense to retain the existing hospital site in Welland and build a new hospital for Niagara Falls.

A: That's what we have now with limited hospitals in Port Colborne and Fort Erie. I need to see what the true things are and there's a lot of things people think. Who knows. I haven't got an idea yet but I will soon.

Q: Do you think it will be difficult to be a part of this board knowing health care is a hot-button issue for many people?

A: I guess everybody's got an opinion on where it should be and how many. As a board member you have to hear all of those things and make a decision on what makes the most sense. My experience as a pharmacist, maybe that will help me make a good decision on what should happen."

Q: Are you nervous about your new role?

A: The question has crossed my mind about what I am doing. It is most certainly going to be a challenge.

Q: What do you think of your fellow trustees?

A: I think it's a good mix of people from different areas of Niagara. I think everybody's mind is in the right spot. Working in the last six meetings or so I get a good feeling. With everything that seems to be a lot of distrust in the hospital board from years ago, I think maybe a whole new fresh start might be a good way to look at it. We're all clean slates.

Q: What would you like the public to know about yourself?

A: I'd like to think I'm honest,

and I've got the idea of trying to help somebody and trying to help people. I hope my mind is in the right spot. I have every intention of doing my best. Whatever that is, I hope that's enough. My only intention is to make sure it works and it works effectively to have a hospital people feel is very comfortable and safe. I'm proud to say 'Hey, we have a great hospital system in south Niagara.' That would be the goal. I just hope I can do a job people can be proud of. I will try.

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Larry Boggio.

Submitted Photo



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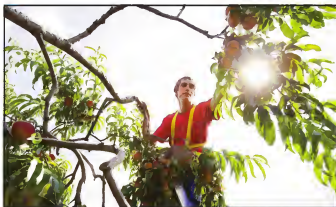
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■ AGRICULTURE: South Niagara crops 'not too shabby'



JULIE JOCSAK QMI Agency Niagara

Ryan Harms picks peaches at Lakelee Farms earlier this week. This year is turning out to be a very good year for crops, a much needed boost after the rough season last year.

Results sweet so far for Niagara's harvest

DON FRASER

QMI Agency Niagara

LINCOLN — What a difference a year makes.

After a killing frost and summer drought in 2012, growing conditions have gone from famine to feast for Ron Troup.

"We were in the area that got frozen out last year, so it's just been like night and day," said Troup, co-owner of

Lakelee Orchards in Lincoln.

"It was the worst crop of about everything we'd had. And this year, it's one of the best."

He said while growing conditions were too hot earlier this month, this more-moderate climate and drier weather is ideal.

"We've got good volumes, and our pears are looking absolutely beautiful with all the rain," said Troup, now harvesting his yellow plums and peaches. His observations are echoed by others in the region's fruit and cash-crop sector. They are generally pleased by the harvest's progress.

This, despite a late start due to a sodden, chilly spring and the occasional summer deluge.

Phil Tregunna, a grower and chair of Ontario Tender Fruit Producers' Marketing Board, describes typical "isolated hail incidents" that have hurt crops in some areas.

"But overall, the volume (of tender fruit) is good, the size is good and the taste is fantastic," he said.

"They all look very good this year."

Ditto for the quality of Niagara grapes, said Debbie Zimmerman, CEO of the Grape Growers of Ontario.

"It's been good, but also one of those years where the rain comes to challenge us," she said. "Still, this sun — these warm days and the cool nights are perfect."

Vine fruit is also a touch on the thin side, she said. "I think people were expecting a much bigger grape crop earlier — I would suspect it will end up a little smaller than people expected."

Chardonnay grapes have seen some "challenges" in pockets, she added. Meanwhile, merlot and pinot noir are shaping up well.

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AROUND TOWN

SUNDAY AUGUST 11
OUR LADY OF HUNGARY is hosting its annual Bucs Lunch at 12:30 p.m. at the Hungarian Hall, Hellems Ave., Welland. Menu: Chicken soup, cabbage rolls, breaded chicken, roasted potatoes, lettuce salad, dessert, coffee/tea. For tickets/reservations call: Les Ujfalussy at 905-892-6407. Rudy Ragats at 905-734-3880 or Frank Biro at 905-732-7336.

BALL'S FALLS HIKES
 Niagara Bruce Trail Club will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls

Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

MONDAY AUGUST 12
BOOK CLUB REGISTRATION begins at Pelham Public Library. Registration must be done in person. Maple Acre Book Club - last Tues. at 11 a.m. 55 & Better Book Club - 4th Wed. at 10 a.m. Monday Book Club - 2nd Mon. at 2 p.m. Wednesday Book Club - 3rd Wed. at 7 p.m. Space is limited to 10 people. Register for the year for \$45.

FRIDAY AUGUST 16
GARAGE SALE and bake sale at Glad Tidings Church of God in Font-hill. Event to take place from 4 p.m. to 7 p.m. Rain date is Aug. 17 from 8 a.m. to noon. 1 Pancake Lane.

SUNDAY AUGUST 18
BALL'S FALLS HIKES
 Ball's Falls volunteers will be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

SUNDAY AUGUST 25
MS BIKE TOUR
 In this my ninth year to raise funds to help our son who has MS, I've registered for the MS Bike Tour to fulfil a personal challenge, and to help the MS Society fund research, advocate for change and help people with MS and their families. I Larry Peyton, am part of the MS Bike Tour because I believe in a future without multiple sclerosis — and with your help we can get there. Please give generously. Visit msbiketours.com.

BALL'S FALLS HIKES
 Niagara Bruce Trail Club will

be providing half-hour guided hikes to the upper falls from the centre for conservation at Ball's Falls Conservation Area at 10 a.m. and 2 p.m. Regular admission fee applies. For more information visit ballsfalls.ca or call 905-562-5235.

MONDAY SEPTEMBER 9
NAGARA BEEKEEPERS Association meets at the Niagara Regional Police Service community room, 5 Lincoln St., Welland, at 7 p.m.

ONGOING LISTINGS

WALL OF ART at Welland Civic Square is showing the work of Jessie Richard for the months of July and August. Other interested artists are encouraged to call 905-732-2840 or 905-735-4463 to display their work during 2014. Donations keep the wall there and tax receipts will be issued for donations over \$10.

WELLAND LAWN BOWLING Club invites the public to come out every Tuesday and Thursday to Chippawa Park at 6:30 p.m. Games will be held until Labour Day.

MORE LISTINGS PAGE 20

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AROUND TOWN

INFERTILITY SUPPORT GROUP

Niagara meetings are held the first Wednesday of each month at 6:30 p.m. for anyone experiencing primary infertility. Call or text 289-821-4606 or e-mail infertilityniagara@hotmail.com for location or more information.

COUPON CLUB

Thrifty Living Social Club & Coupon Swap takes place the last Monday of the month at Port Colborne Library, 310 King St., at 6

p.m. Free for all adults. Bring your tradeable coupons, enjoy some refreshments and social time. Chances to win free prizes.

VENDORS WANTED

The Guild Hall Makers' Market, 72 Charlotte St., Port Colborne, is held every Friday 8 a.m. to 12:30 p.m. To inquire, call Mary at 905-835-0394 or the church office at 905-834-3184.

COMPUTER GADGET and drop-in for beginners to advanced learners at

Pelham Public Library. Learn new tips and tricks and share ideas and skills with others in an informal setting. One of our Gadget Guys will be on site to facilitate. Some laptops will be available or bring your own gadget. Every other Saturday from July 6 to Aug. 31, 10:30 a.m. to 12:30 p.m., \$2.

ST. VINCENT DE PAUL STORE

open on Saturdays, 10 a.m. to 1 p.m., thanks to new volunteers. Weekly hours are 10 a.m. to 4 p.m.

POINT ABINO LIGHTHOUSE Guided tours are offered the second and fourth Saturday of the month between 10 a.m. and 1:45 p.m. Departure from 1036 Point Abino Rd. S, Ridgeway, next to the Bertie Boating Club. Further info at www.forterie.on.ca or www.palps.ca.

COMPUTER LESSONS

offered one-on-one at Port Colborne library, Saturday mornings. Lessons geared toward your interests. Topics include e-mail, Facebook, Twitter, blogging and

more. Call the library at 905-834-6512 for an appointment. Cost: \$10 per one-hour lesson. Pre-registration required.

TD SUMMER READING CLUB

at Wainfleet Township Public Library runs July 2 to Aug. 9. It is divided into three age groups. Each child comes to one session per week. Registration forms available in the library or online. Completed registration forms must be returned to the library to reserve your child's spot. Sessions fill

quickly. No phone registrations permitted. Clubs also offered at Welland and Port Colborne libraries.

SCRAPPY CLUB DROP-IN

at Pelham Public Library. Work on your latest card-making, stamping, paper-craft or scrapbooking project. Bring your items and tools for swapping. How-to tips and ideas for creating different layouts will be shared at each session. All levels. Monday Aug. 26 from 10 a.m. to noon. Cost \$2.

MORE LISTINGS PAGE 22

SHIFT INTO SUMMER

TAKE A LOOK UNDER THE HOOD

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Tune up your car

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AROUND TOWN

ADVENTURE DAY CAMP
Kids between the ages of six and 11 get ready for exciting outdoor adventures at Ball's Falls Conservation Area. Ball's Falls Peninsula Conservation Authority presents Adventure Day Camps at Ball's Falls until Aug. 30. Each week features an exciting theme, nature hikes, games and crafts. Camps take place from 9 a.m. to 3 p.m., Monday to Friday, and extended hours are available for an additional fee. Registration fee is \$120 a week or \$30 a day, family

discounts are available. For more information or to register call 905-562-5235 ext. 21, or visit ballsfalls.ca.

SOCKMANIA KNITTING CLASS
Learn basic sock construction from the cuff down. Instructor Jackie Guttin will take you through the steps to create a mini sock. Mondays July 8, 15, 22, 29 and Aug. 12, 6:30 p.m. to 8 p.m. at Pelham Public Library. Register ahead in person at either branch. Cost: \$60. Knitting experience required.

NIAGARA REGIONAL LITERACY
Council assists adults in improving their reading, writing, grammar, math, spelling and computer skills and provides GED preparation and readiness for work programs. Our literacy and essential skills programs are free of charge and can be done through one-on-one tutoring or small group classes. Located at 3 Great Western St., attached to the St. Catharines Via train station. Call Pat at 905-687-8299 for more information.

KNIT WITS
Work on your present project while spending time with other knitters. All levels. Crocheters welcome. Knitting tips will be shared at each session. Fridays from 1 p.m. to 3 p.m. Cost: \$2. Drop in at Pelham Public Library.

PROGRESSIVE EUCHRE
every Tuesday 7:30 p.m. at the REX hotel, King St., Welland, \$5 a person. Everyone welcome.

KARAOKE
every Saturday at Moose

Lodge, 281 Riverside Dr., Welland, starting 8 p.m. Everyone welcome.

ST. ANTHONY'S
Croatian Church is selling frozen apple and cheese strudels. Please call 905-735-6159.

CHESS CLUB
meets Thursdays at Welland Tennis Club, 45 Hooker St., 7 p.m. to 11 p.m. Everyone welcome. Call 905-734-6533.

WELLAND FRIENDLY CLUB
seniors bingo, every Wednesday at 1 p.m. at

Wesley United Church, 244 First Ave. N. Everyone welcome.

WELLAND RIVER KEEPERS
meets the third Tuesday of every month at Niagara Peninsula Conservation Authority office, 250 Thorold Rd. W., Welland, third floor, 7 p.m. More info, 905-735-9861.

PROGRESSIVE EUCHRE
Tuesdays at Royal Canadian Legion, Morningstar Ave., Welland, 7:30 p.m. sharp. Admission is \$5, all welcome.



AUTOMOTIVE TIPS FROM CANADA'S SERVICE LEADER

THIS WEEK'S TIP

TIRE PRESSURE

The most frequent cause of tire failure is under-inflation. Even extreme under-inflation can be difficult to detect by mere visual inspection. Don't depend on it, use a personal tire pressure gauge. Under-inflated or overloaded tires generate high levels of destructive, internal heat, which could cause your tires to blowout. Extreme under-inflation can even unseat the tire from the rim while your vehicle is in motion.

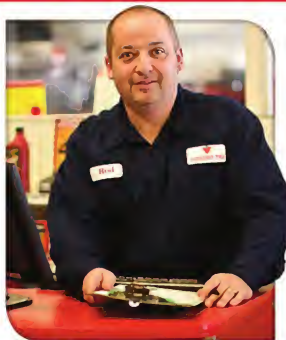
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